

Be in Good Health

SPECIAL ISSUE — VOLUME 1, ISSUE 1

Welcome to our First Newsletter !

It is with great pleasure and excitement that I welcome you to TAIBU's first Newsletter!

In the past year and a half, TAIBU has celebrated a few 'first time' events and accomplishments. For instance, in March 2008, we opened our primary healthcare medical services to the community for the first time. In September 2009, we held our Inaugural Annual General Meeting. And now we are presenting our quarterly newsletter for the first time! We hope that you will find it informative and useful. We certainly look forward to using this as one of our communication avenue with you by providing information about our programs and services, useful health education information and a way of keeping you updated of our progress and development. We also look forward to your involvement through your comments and suggestions on how we can improve our programs and services to you.

TAIBU has been growing in strength and building its capacity by recruiting a diverse staff team of health and community development professionals, and planning and delivering creative services targeted at children, youth and seniors. We are encouraged by the wide variety of programs we have been able to deliver in the community in such short period of time and this was made possible through the support and assistance we have received from our partners and other service providers. We have tried to present a flavour of these programs and services in our first edition.

As a Community Health Centre our aim is to provide a comprehensive primary healthcare service addressing the physical, social, mental, spiritual and environmental health of individuals and the community as a whole. We have lined up a variety of exciting programs and services and these will be delivered in the coming months. Please remember that you can access more information and also contact us by visiting our new website at www.taibuchc.ca.

As we start a new year, on behalf of the Board of Directors, the staff & volunteers of TAIBU Community Health Centre, I sincerely wish you a Healthy 2010. **TAIBU ~ BE IN GOOD HEALTH!!**



Liben Gebremikael
Executive Director

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TAIBU COMMUNITY HEALTH CENTRE

presents

A BLACK HISTORY MONTH EVENT



Join us for

A free **screening** of the award-winning movie **A Winter Tale** followed by a **"TALK IT OUT" discussion** with the film's lead actors.

1:30- 4:30pm, **WEDNESDAY FEBRUARY 17TH 2010** @ Malvern Public Library
30 Sewells Road (1 block east of Neilson on Sewells) Scarborough, ON. M1B 3G5

A WINTER TALE is a film that addresses the issue of gun violence and youth alienation in Toronto's multi-cultural communities.

Elected officials, law enforcement officers, community & faith-based groups, educators, parents, students, community & youth workers are invited to explore anti-violence strategies

For more info or to RSVP call Roma Beckles at **416-644-3536 ext 242**

BE MINE OR BE MINDFUL?

Celebrating Healthy Relationships for Valentine's Day and Beyond!

By Roma Beckles, MSW RSW

While Valentine's day presents a unique opportunity for couples to express their love to one another, it is also a day to remember that healthy relationships are not built on romance alone. The emphasis on flowers, chocolates and dinners can lead some to the mistaken belief that this is all that is required to make a relationship fulfilling. Young people in particular are susceptible to media messages that place a high premium on romantic love. They all too frequently equate jealousy, possessiveness and anger with passion, love and devotion. While we are not suggesting that romance does not play an important part in any healthy intimate relationship, it cannot be a substitute for the following:



"Romance is only part of the equation"

RESPECT AND TRUST: Lies, secrets and disrespect have no place in healthy relationships. While some jealousy is normal, it should never be used a tool to hurt or control your partner.

COMMUNICATION AND SHARING: Don't keep strong feelings bottled up inside. Disagreements are okay provided you talk it through and listen to each other.

SUPPORTING AND MAINTAINING SEPARATE IDENTITIES: Before you were together you each had a separate lives with friends, family and interests. Don't lose that! Make sure that you not only support but encourage each other's interest.

If you are concerned that you are not in a healthy relationship and do not know what to do, you are not alone! Contact our **Counselling Program at extension 242.**

Volunteers are most Welcome

TAIBU Community Health Centre always welcomes enthusiastic members of the community to get involved in our activities and services as a Volunteer or Community Helper. Currently, volunteers are being recruited to assist in providing programs or services.

Through the volunteer program, TAIBU Community Health Centre not only engages community members in shaping the work of our centre but also aims to provide opportunities to improve their abilities to make positive changes in their own lives. We appreciate volunteering as an essential investment and a vital capacity building component to our community.

Volunteers will learn all about the volunteer program, participate in training, and gain working experience.

For more information about volunteering please contact:

Min Di Health Promoter Tel: 416-644-3539 ext.229 Mdi@taibuchc.ca

Celebrating Black History

Dr. Daniel Hale Williams (1856-1931) Williams was born in Pennsylvania and attended medical school in Chicago, where he received his M.D. in 1883. He founded the Provident Hospital in Chicago in 1891, **and he performed the first successful open heart surgery in 1893.**

BE IN GOOD HEALTH

PUTTING THE CONTROL BACK IN YOUR HANDS

By Rose-Ann Bailey, B.F.A., B. Ed.

The **Chronic Disease Self-Management** and **Diabetes Self-Management Program** were developed by Stanford University in the USA over 30 years ago. These Programs serve as tools for individuals living with or caring for people with chronic illness. Since our community engagement in 2006, many residents were looking for innovative support for people with chronic disease. TAIBU CHC with support from the Central East Community Care Access Centre have included these two programs as an integrated and permanent programs service provision to the community.

These programs are offered for six weeks (2.5 hours a week). The programs empower clients **to effectively deal and manage their chronic conditions, increase their communication with family, friends and their health professionals.** This helps put the control of your symptoms back in your hands. **"I have been able to finally get my blood sugar levels in check"** says one of our Diabetes Self-Management Program Participants.

For more information about the **Chronic Disease Self-Management** and **Diabetes Self-Management** please call 416-644-3539 ext 225 or visit www.taibuchc.ca for more information and to find about upcoming workshops.



Celebrating Black History

Dr. Charles Richard Drew (1904-1950) - Dr Drew earned advanced degrees in medicine and surgery from McGill University in Montreal, Quebec, in 1933 and from Columbia University in 1940. **He is particularly noted for his research in blood plasma and for setting up the first blood bank.**

Rebecca Cole (1846-1922)- Born in Philadelphia, Pennsylvania, Cole was the second black woman to graduate from medical school (1867). She joined Dr. Elizabeth Blackwell, the first white woman physician, in New York and **taught hygiene and childcare to families in poor neighborhoods.**

1605: The first named Black person to set foot on Canadian soil was Mathieu Da Costa, a free man who was hired as a translator for Samuel de Champlain's 1605 excursion.



10 March 1913: Ardent abolitionist & Heroine of the Underground Railroad Harriet Tubman Died in New York . As a conductor with the Underground Railroad, she made 19 secret trips to the American South and **guided more than 300 slaves to freedom** in Canada.

“BROWN SUGAR” - MALVERN DIABETES PREVENTION STRATEGY

By Rose-Ann Bailey, B.F.A., B. Ed.

For the past six months, TAIBU CHC has been working diligently with Toronto Public Health to launch a pilot project to educate the community about their risk for developing Type 2 Diabetes. **Who is at risk?** According to the most recent researches people who are of **African & Caribbean** and **South Asian** (India, Pakistan, Sri Lanka) decent; individuals who have a close relative (mother, father, sibling or child) with Type 2 Diabetes, mothers who have had gestational Diabetes or have given birth to a child who weighed over 9lbs, individuals with high blood pressure or high cholesterol, and with an apple shape abdomen (large mid section) are considered to be at a higher risk.

Since January 2010, we have been offering FREE Healthy Living Education Session (HLES) throughout the Malvern community. These sessions include in-depth education about Type 2 Diabetes, and what you can do to prevent or delay the onset of the disease. In addition, these sessions have also provided individuals with a modified CANRISK assessment. This assessment provides individuals with information about their risk of developing Type 2 Diabetes.

After the HLES are completed, we will be offering two FREE community-based interventions - Healthy Eating and Physical Activity. Each culturally specific session will run for 4 weeks at different locations throughout the community. Please look out for flyers and posters advertising the programs.

In order provide extra support for Pre-Diabetic community members; TAIBU CHC has also developed a partnership with York University's PRE-PAID research project. This project will offer FREE testing for high-risk Type 2 Diabetes individuals plus Pre-Diabetic programming of either a 6 week Chronic Disease Self-Management program or a 6-month physical activity intervention.

For more information on either on of these programs please call TAIBU CHC at 416-644-3539 ext 225



We cordially invite you to become a member of TAIBU CHC.

As a member you will have the following benefits:

- You can be nominated to become a member of the Board of Directors
- You can sit on one of our Board Committees
- You will be able to vote at meetings and the Annual General Meeting (AGM)
- You will receive our Annual Report and Newsletters

To become a member you have to be over 18 years of age, live or work in our service area, a service user or volunteer of the Centre.

Membership is free. Call us or visit our website to complete the application form.

Celebrating Black History

Percy L. Julian (1899-1975) held a bachelor's degree from DePauw University, a master's degree from Harvard University, and a Ph.D. from the University of Vienna. **His most famous achievement is his synthesis of cortisone, which is used to treat arthritis and other inflammatory diseases.**

THE JOURNEY OF OUR FUTURE HOME



We are moving into our new home soon !!

Among the exciting happenings at TAIBU in the near future is the move to our new home. We are excited because we will have an adequate permanent space to deliver our programs and services. But more importantly we are working hard to make this space a welcoming, comfortable and beautiful environment for you. You may have already noticed the magnificent external structure and look. Wait until you see the internal design!

The construction of the external shell which started in the summer is now complete. The Management of the Malvern Town Centre, DAVPART, have done an excellent job in the design and building of TAIBU Community Health Centre. In July 2009, we held our ceremonial ground breaking event attended by staunch supports of TAIBU CHC; **Honorable Bas Balkissoon MPP Scarborough Rouge-River, Honorable Derek Lee MP, Councillor Raymond Cho, Marie-Anne Chambers, Davpart Management, Community partners, TAIBU Board of Directors, staff, students and volunteers.**

We had initially planned that we would be able to move in the Spring of 2010. However, we have faced delays in the internal construction process and we are now hoping that we will move by late summer or early fall of 2010.

Nevertheless, we are still very much excited !



OUR MISSION & VISION

MISSION

TAIBU Community Health Centre promotes health and well being by providing comprehensive primary health care to the people of Malvern with specialized services to the Black Community.

VISION

Healthy, vibrant and sustainable communities creating our own solutions

PRIORITY POPULATION

Children, youth and young adults and seniors experiencing particular barriers to accessing health care

HEART HEALTHY SHOPPING & EATING

By Tameika Shaw, RD, MHSc.

Edited by Alisia Graham, BAsC., MHSc.(c)

5 RULES FOR HEART HEALTHY EATING

1. Reduce total fat intake

- ☑ Choose lower fat yogurt, milk and cheeses.
- ☑ Choose yogurts that have 2% or less milk fat (M.F.). Choose cheeses with less than 19% M.F.
- ☑ Choose lean cuts of meat and trim skin and visible fat from meats and poultry.

2. Eat a diet low in saturated and trans fat

- ☑ Choose non-hydrogenated soft margarines
- ☑ Read labels to select products without hydrogenated or partially hydrogenated oils
- ☑ Choose butter, palm and coconut oils less often

3. Include moderate amounts of heart healthy mono unsaturated and polyunsaturated fat

- ☑ Monounsaturates include olive oil, avocado and peanuts
- ☑ Sources of polyunsaturates are almonds, flax, canola oil, and fatty fish like salmon, mackerel and sardines

4. Eat a diet high in fibre

- ☑ Eat 7-10 fruits and vegetables every day
- ☑ Eat peas, beans and lentils at least 2 times per week. Modify traditional dishes by adding cooked chick peas, lima beans or other favourites to curries, soups and salads
- ☑ Choose whole grains such as bulgur, quinoa, oats, whole grain flour and brown rice

5. Eat a diet low in refined grains

- ☑ Add oat bran or wheat bran to porridges, yogurts or use in baking
- ☑ Read labels on cereals, breads and crackers. Look for the term "whole grain" to help with selection.
- ☑ Replace all purpose flour with whole wheat flour



TOP 10 HEART HEALTHY FOODS

1. **Vegetables and fruits** contain antioxidants such as carotenoids which can reduce risk of heart disease. Carotenoids are found in dark green, yellow, orange and red vegetables and fruits. Vegetables and fruits also contain soluble fibre which helps to lower cholesterol and vitamins and minerals that help to lower blood pressure

2. **Whole grains** such as oats, barley, brown rice, bulgur and quinoa are some of the varieties of unprocessed whole grains that contain soluble fibre and vitamins important to heart health

3. **Fatty fish** like sardines, mackerel and salmon contain omega-3 fatty acids like DHA and EPA which inhibit atherosclerosis and lowers blood pressure and blood triglycerides.

4. **Legumes** such as beans, peas and lentils contain soluble fibre which helps lower cholesterol

5. **Nuts and Seeds** such as almonds, walnuts, sunflower and flax seeds contain fibre and polyunsaturated fats. Peanuts contain monounsaturated fat which lowers cholesterol

6. **Soy** contains isoflavones that help to lower cholesterol. Use soy milk in smoothies, on cereals or use tofu in stir-fries to boost intake

7. **Olive oil** is a source of monounsaturated fat which reduces LDL cholesterol and triglycerides

8. **Dark chocolate and cocoa** contains flavonoids and phenols which have an antioxidant effect and can reduce risk of stroke and high blood pressure

9. **Green tea** has catechins, flavanols and flavonols which have antioxidant properties and can exhibit a protective effect of the heart.

10. **Red wine** is a source of flavanols which may reduce risk of heart disease, stroke & high blood pressure. Consume alcohol in moderation, limit alcohol to one drink per day for women and two drinks per day for men

BENEFITS OF BREASTFEEDING

By Patricia Wright, RN(EC)

At TAIBU we are advocates for giving babies the best start in life and the best start includes exclusive breast feeding for the first 6 months. Why is this important?

Benefits to the baby:

- ☑ Less risk of asthma, eczema, food and inhalant allergies
- ☑ A higher I.Q.
- ☑ Fewer viruses, colds and ear infections
- ☑ Straighter teeth and less need for orthodontia
- ☑ Lower risk of cancer, celiac disease, Crohn's disease and ulcerative colitis in later life
- ☑ Lower risk of diabetes, high blood pressure, obesity and cholesterol problems

Benefits to the mother:

- ☑ Decreased risk of breast, ovarian and endometrial cancers
- ☑ Decreased incidence of rheumatoid arthritis and osteoporosis
- ☑ Greater likelihood of losing weight gained in pregnancy
- ☑ Decreased probability of getting pregnant in the first year after giving birth
- ☑ Decreased incidence of stress, anxiety and depression
- ☑ Decreased risk of diabetes later in life
- ☑ Breast milk never get spoiled and is totally free



UPCOMING EARLY YEARS PROGRAMS

Post Natal Group Starting in March 2010. This is a 10 week support program for mothers with babies aged 2 months to 12 months. The program provide Nutrition and Health Education workshops focused on breastfeeding, homemade baby food, introducing solid food, immunization, child safety, stress management, early childhood development, family relationships and community services.

Baby Massage program starting in February 2010 for babies aged 4 months to 12 months and their parents. The program will provide opportunity for parents to learn and practice infant massage with the assistance of experience and qualified instructor. Infant massage is known to enhance neurological development and immune systems, promote better sleep, improve blood circulation, respiration and digestion for babies. It also promotes bonding and attachment between parents and children.

Breastfeeding Group provides new mothers with the opportunity to enhance their knowledge about breast feeding and other issues around infant and mother wellness. It also provides a forum for new moms to learn from each other and form alliances with staff at TAIBU who can support them in optimizing their families' health. Breast feeding is fundamental to giving each infant the best start in life.

Celebrating Black History

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TAIBU CHC PROGRAMS & SERVICES

Comprehensive Primary Healthcare Services

Come and see our **Family Physician, Nurse Practitioner, Registered Nurse** to discuss your health issue or if you need medical advice

Our Registered Dietitian provides advice, individual and group counseling sessions on Nutrition, Healthy Eating, Weight Management, Food Allergies and Diabetes Management

Our Chiropodist provides foot care & treatment with particular emphasis on Seniors and individuals with Diabetes. **'Parents'** if you have any concerns or questions about your child(ren)'s foot health, please call our clinic for an appointment

If you are feeling stressed, experiencing difficult life situations (e.g bereavement, relationship issues, family problems) or you have concerns about your health, you can arrange to speak with our **Social Worker/Therapist**.

Community Programs

Our **Health Promoters** and **Community Health Workers** in partnership with other service providers & community organizations plan and develop health promotion programs to help and empower you to lead a healthy life style.

ALL OUR SERVICES ARE CONFIDENTIAL

If you would like to have our quarterly Newsletter delivered to you, please contact us @ 416 644 3539 ext 247 Or email info@taibuchc.ca

Celebrating Black History

21 November 1892: Canada's First Black Physician Named Aide-de-Camp. Anderson Abbot became Canada's first Black physician in 1861. He served as one of only eight Black surgeons in the Union Army during the American Civil War. He was distinguished by being appointed aide-de-camp of the New York Commanding Officers Dept., **the highest military honour bestowed to that time on a Black person in North America.**

UPCOMING PROGRAMS AND EVENTS

Sexual Health Promotion Program to develop an arts-based sexual health education intervention for racialized and marginalized youth between the ages of 15-21. The objectives of the program include increasing the understanding about sexual health risk factors, facilitate discussions around healthy relationships, increase awareness among youth about Sexually Transmitted Infections & HIV/AIDS and develop capacity to use arts-based community level interventions to disseminate sexual health education.

Girls Empowered in Malvern ~ GEM is a 10 week educational and skill building program designed for young women between the ages of 15 to 18. The program addresses important issues that are necessary to empower girls such as, communication & decision making skills, managing emotions, assertiveness and self esteem building. This is a pilot school based project and participants may be able to earn 20 hours toward community involvement hours, learn important life and leadership skills and connect with other young women.

Other upcoming events in the making Prenatal Yoga, African & Caribbean Peer Nutrition Program (in partnership with Toronto Public Health).

LIBERATED MINDS – A YOUNG MEN'S GROUP

In late October 2009, in partnership with a number of committed partners, TAIBU CHC started the **Liberated Minds** group. This is a psycho-educational group designed to address barriers impeding the attainment of full potential in the lives of young black men. This discussion and self help group focuses on building the capacity of youth in the Malvern community. **Lib Minds** (as casually called) attempts to bring knowledge and understanding of how the broader Social Determinants of Health such as racism, discrimination, ethnicity, politics etc... impacts the health and lives of young people. The group openly discusses these and other issues to promote progression in the lives of youth. The forum also provides the opportunity for the youth to come into contact with various service providing agencies which in turn will facilitate cross referrals, better coordination of services and identification of gaps in the community.



We would like to take this opportunity to thank the youth involved in **Lib Minds** for their genuine and active participation in the program and all our community partners. **Special thanks to Newcomer Services for Youth for providing us their wonderful space to hold our meetings!**



Liberated Minds steering group members

Liberated Minds

Meets every other
Thursdays @
Newcomer Services
for Youth
Malvern Town Cen-
tre
31 Tapscott Road
Unit 81

5:00 – 7:00 pm

If you like the look of our FIRST newsletter, enjoyed reading it or you want us to improve on it, PLEASE LET US KNOW !!! Email: info@taibuchc.ca or call us at 416 644 3539 ext 247





Current Home:

1371 Neilson Road, Scarborough, ON M1B 4Z8

Clinic: Unit 211 - (416)644-3536

Clinical Fax: (416) 644-0102

Administration: Unit 418 - (416)644-3539

Community Programs: Unit 419 - (416)644-3539

Fax: (416)644-3542

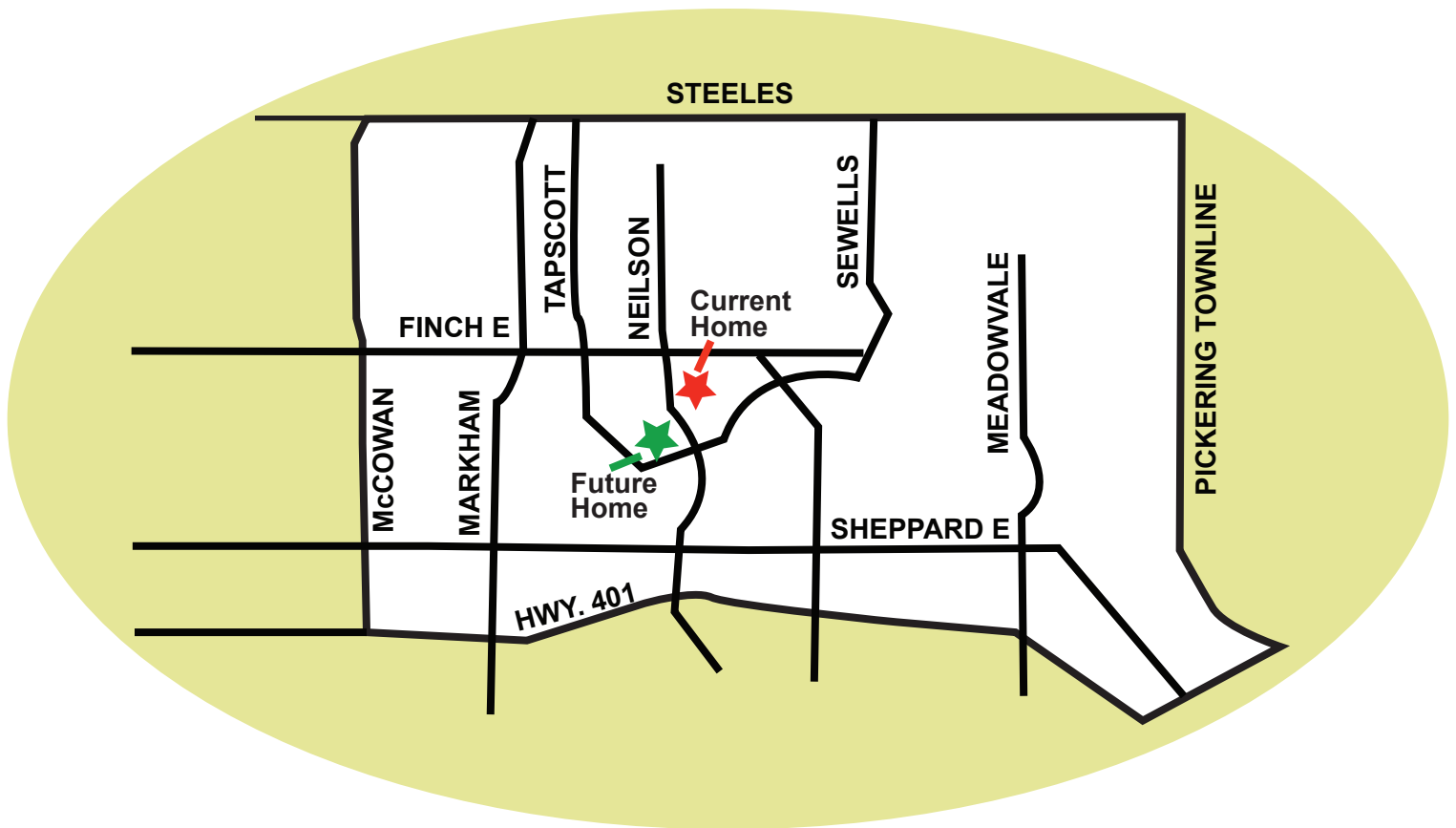
Website: www.taibuchc.ca

E-mail: info@taibuchc.ca

Hours of Operation: Mon-Fri 9am-5pm

Future Home:

27 Tapscott Road, Scarborough ON



Ontario

Central East Local Health
Integration Network



Ontario's Community
Health Centres
Les Centres de sante
communautaire en Ontario